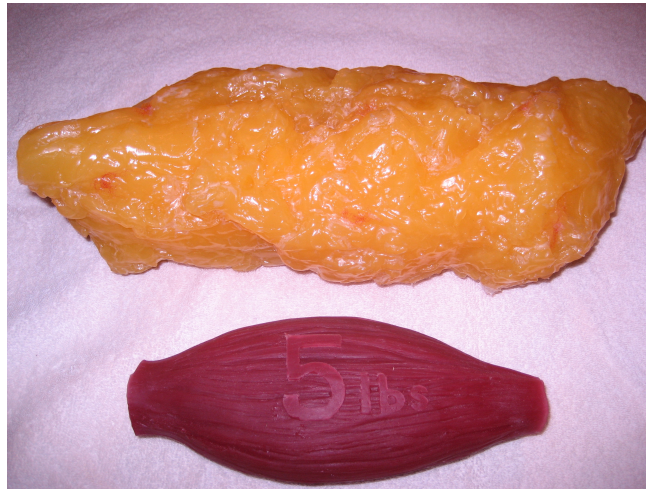


Ramp Up Your Fat Burning With Strength Training

“Your muscles are your metabolism”

Resistance Training

Resistance training increases muscle mass, strength, and bone density. The greater your muscle mass the faster your metabolism. Each pound of muscle requires 30-50 calories per day just to maintain itself; fat doesn't require any calories to maintain itself. Muscle is more dense than fat so five pounds of muscle is only 1/3 the size of five pounds of fat. See the illustration below. Therefore if you lose 5 pounds of fat and gain 5 pounds of muscle you will be smaller.



The best types of resistance training include exercises that move your body through space such as push ups, pull ups, squats, and lunges or working with free weights such as barbells and dumbbells. Secondary types of resistance training include all weight machines, both plate loaded and cable. This is because machines require fewer muscle fibers to be recruited to stabilize the movement. Resistance training causes minor tears in your muscle fibers which create muscle soreness 24-48 hours after your workout session. When you fuel your body correctly by proper nutrition as you muscle tissues repair these minor tears you build more muscle fibers. This is why you never want to exercise the same muscle group on consecutive days when doing resistance training. You must give these muscles time to recover and repair before challenging them again. If you are not slightly sore after your resistance training session it is an indication that you are just maintaining and not increasing your muscle fibers.

I would encourage every person to work with a personal trainer for just a few sessions if possible when you begin resistance training. Form and technique are key for both

optimal results and reducing the likelihood of injury. For suggestions for your STRENGTH TRAINING PLAN [CLICK HERE](#).

Core Training

Your core muscles are those in your abdominal, back and pelvic regions. Every movement you make requires your core muscles. Your core muscles stabilize and balance you, and the stronger your core the faster your metabolism.

Optimal core strengthening exercises are abdominal exercises, yoga, Pilates, Swiss or medicine ball routines.

Flexibility Training or Stretching

As you train your muscles tighten or shorten. Stretching will keep you flexible and reduce your risk of injury. Stretching is most beneficial when your muscles are warm. It is optimal to stretch and hold just at the edge of your range of motion, never forcing your body into a stretch. Once you are “at your edge” focus on your breath and take nice deep full breaths. You will notice that when you breathe fully your body will naturally relax into the stretch as you exhale when your muscles are ready to release. I call this, “do less and accomplish more”. For maximum benefits and to increase flexibility, hold the stretch for at least 40 seconds. Most everyone knows how important stretching is, but even experienced exercisers and athletes tend to neglect this important type of exercise. For maximum benefits I would suggest trying out a Yoga class. You’ll be surprised at the of Yoga, not just for stretching and flexibility but also for stress management, improved focus and strength.

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